

Fun in the Summer Sun!



With the arrival of summer, many people look forward to spending time outside and cooking on the grill. These tips will help you have a safe and healthy summer!

The best way to prevent sunburn is to:

Stay out of the sun from 10:00 am to 4:00 pm when the sun's rays are the strongest and can do the most harm.

Wear a hat with a wide brim to protect your ears, neck, and face from the sun.

Put on sunscreen 20 minutes before going outside, even on cloudy days:

- Use sunscreen labeled SPF 30 or higher
- Apply a "palmful" of sunscreen per person - most people don't use enough sunscreen!
- Reapply sunscreen **every two hours** AND after swimming, drying off with a towel, or sweating.



Sunscreen should not be used for babies younger than 6 months. To protect them from the sun keep them in the shade (under an umbrella), dressed in tightly woven dark clothing and hats.

Exposure to sun is known to contribute to all types of skin cancer. Skin cancer is linked to sunburn and researchers think moderate tanning may also be unsafe. Skin cancer is the most common cancer in the United States.

Protect your eyes from the sun's rays by wearing sunglasses marked that they protect from 100% of UV (ultraviolet) rays.

Don't Let Mosquito Bites Ruin Outdoor Time

Mosquitoes are most active during the evening, at night, and at dawn.



- Children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks during the evening, nighttime and dawn.
- Use a bug spray containing 30% or less DEET for children and adults. Follow the directions on the package. Children should not apply DEET to themselves.
- Products that contain Picaridin or oil of lemon eucalyptus have also been found to be effective.